



JOINT BASE PEARL HARBOR-HICKAM — Vice President Mike Pence waves to a crowd upon his arrival at Hickam Airfield.

Pence’s stop in Hawaii caps off his first official visit to the Indo-Asia-Pacific region reinforcing the United States’ full commitment to its security alliances.

TERRI MOON CRONK
DoD News, Defense Media Activity

WASHINGTON — Vice President Mike Pence expressed his gratitude to U.S. Pacific Command, Monday, for its resolute leadership, and he thanked the multi-service troops at Joint Base Pearl Harbor-Hickam in Honolulu for their service.

Pence stopped in Hawaii at the end of a 10-day trip to Asia that included stops in South Korea, Japan, Indonesia and Australia.

The vice president said President Donald J. Trump asked him to come by “to tell you how grateful we all are for your service. And as he said to me, ‘Just tell them I’m proud of them.’ And I promise all of you, the American people are proud of every man and woman in this room. Thank you for serving your country.”

Rebuilding the military

Pence said that though he did not serve in the armed forces, “I am the son of a Soldier, a combat veteran who served in the Korean War. And I’m the proud father of a United States Marine.

“And so I stand before you today deeply humbled,” he continued, “because I really speak on behalf of the hundreds of millions of Americans, who each and every day benefit by the services and the sacrifices that you and your families make on our behalf.”

Pence assured the audience that in

the days that lie ahead and in uncertain times, the people who serve in USPACOM will know their commander-in-chief is a president who is going to fight to rebuild the U.S. military and restore the arsenal of democracy.

“And we’re going to give our Soldiers, Sailors, Airmen, Marines and Coast Guard the resources you need to accomplish your mission for the American people. We’re going to do it,” Pence said to applause.

Large-scale spending bill

“There’s a spending bill that’s being considered as we speak. The president is working even in what remains of this budget year to begin to supplement our military spending. The president truly believes that the time has come for us to rebuild this military,” the vice president said.

The budget submitted by the president had the largest single-year increase in military spending since the days of the Reagan administration, he noted.

“It is the greatest privilege of my life to serve as vice president to a president who cares so deeply about the men and women of our armed forces, their families and our veterans,” Pence said.

Best friend to troops

“And I know in my heart President Donald Trump is going to be the best friend the American armed forces have ever had in the White House. With that

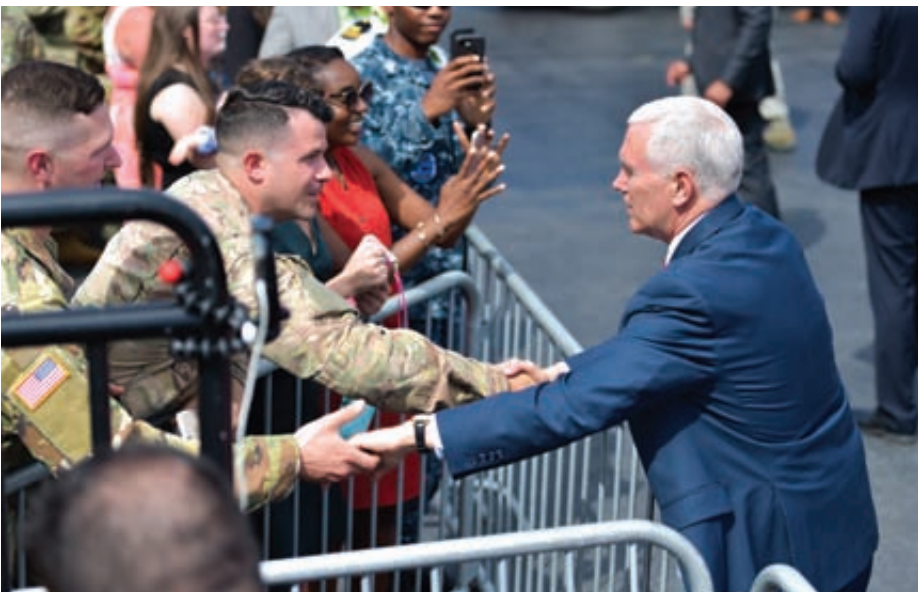


Photo by Senior Airman Michael Reeves Jr., 15th Wing Public Affairs

Vice President Mike Pence shakes hands with members of the 25th Infantry Division stationed at Schofield Barracks as he prepares to depart for Washington, D.C.

said, let me close by simply thanking you – thanking you from the bottom of my heart for being willing to step forward and volunteer to wear the uniform of the United States of America.”

Pence said it is going to be to each service member’s credit that they responded to the call of their country.

“The American people are grateful every day for those who serve around the globe – whether it be the U.S. Pacific Command or in far-flung places in the world, oftentimes separated for months

at a time from your families. I want you to know that as you go, you go with our gratitude,” the vice president said.

Vice President speaks to Hawaii military
See the vice president’s speech to troops in Hawaii on Garrison’s Facebook page. Visit <https://www.facebook.com/usaghawaii/> and see the post on April 24.

Second Lady sees art therapy in action at Schofield Barracks

REGIONAL HEALTH COMMAND-PACIFIC
Public Affairs

SCHOFIELD BARRACKS — Second Lady of the United States Karen Pence visited with military and civilian leaders during a tour hosted by U.S. Army Health Clinic-Schofield Barracks to talk about how a form of alternative therapy is being used to help military members and their families deal with difficulties, disabilities or diagnoses.

The tour took place outside of the clinic’s walls, where art therapists and patients have unfettered access to their tools: pens, paper, brushes, ceramics and more.

Pence, who is a champion for art therapy programs, visited the Arts & Crafts Center, here, where she spoke with patients currently enrolled in art therapy programs.

“It’s very encouraging today to see at Schofield Barracks everything they’re doing to incorporate art therapy. From the family to volunteer programs, ... we touched on music therapy and dance therapy, education. ... This is a place that is really doing it right. This is a place that is really using art therapy to heal our Soldiers and their families,” stated Pence.

Col. Deydre Teyhen, the USAHC-SB commander, talked with Pence about how patients, from the clinic, enrolled in the intensive outpatient department, child adolescent and family behavioral health services, or mental health care can utilize the alternative care program in co-ordination with their providers.

“For the right patient, art therapy becomes a powerful tool in the healing pro-



cess,” said Teyhen, who led the discussion. “There’s incredible flexibility within the therapy program, which can be tailored to the needs, interests and capabilities of the patient and applied, regardless of age. Both patients and providers express how vital the evidence-based care is in the recovery process,” she said.

As an artist herself, Pence has seen firsthand the benefits to art therapy.

“As an educator ... I’m an art teacher, and I don’t have the qualifications to do art therapy,” said Pence. “Art therapy is not arts and crafts. It’s not even someone like me with a master’s degree in art education. It’s not something I could do. So, art therapy is where you take these amazing professionals here who are therapists, who understand psychology, and they understand how the mind works, and they are using art as helping them with healing,” she said.

“So if someone is not verbal, they are using visual art, they are using music, dance. These are ways that they are helping the Soldiers cope, and we actually see how working through art therapy does heal the brain. It’s astonishing,” she said.

Dr. Lisa Gomes, a clinical psychologist and play therapist and Expressive Arts

Group-Therapy facilitator, also discussed with Pence about how she is using art therapy with kids.

“During our sessions ... we like to keep our adolescent patients engaged by using forms of therapy that cater to their age,” said Gomes. “One form of therapy that is popular among children is modeling clay. With an in-house kiln, it’s easy to have the patients create their pieces of art and immediately put it in the kiln to be fired and then painted,” Gomes stated.

Dr. Patricia Nishimoto, oncology clinical nurse specialist, Tripler Army Medical Center, also shared information with Pence about Tripler’s annual Oncology on Canvas event with April being the 11th year of engagement, which has proven to be a meaningful program for participants. During the event, oncology patients and their families use art therapy as a way to deal with the treatment of life-threatening diseases and impacts to the family.

“Art therapy is becoming more popular within the military medical community,” said Teyhen, explaining that art therapy isn’t always available in a clinical room.

(See full article at www.hawaiiarmyweekly.com/2017/04/25/second-lady-sees-art-therapy-in-action-at-schofield/.)

Article written by 1st Lt. Jason Kilgore, USAHC-SB, and Ana Allen, RHC-P.)

Resources
Art therapy resources are available to TRICARE beneficiaries through a doctor referral. For more information on art therapy programs and other initiatives, visit army.mil/rhcpacific.



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The HAW is printed by the Honolulu Star-Advertiser, a private firm in no way connected with the U.S. Govt., under exclusive written agreement with U.S. Army, Hawaii.

The HAW is published weekly using the offset method of reproduction and has a printed circulation of 15,300. Everything advertised herein shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron.

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Website:
www.hawaiiarmyweekly.com

Nondelivery or distribution
656-3155 or 656-3488

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COMMANDER’S CORNER

Residents urged to complete survey

COL. STEPHEN E. DAWSON
U.S. Army Garrison-Hawaii

WHEELER ARMY AIRFIELD — A few weeks ago, more than 7,200 Island Palm Communities families were emailed the annual resident survey asking them for candid feedback about their experience with our housing partner.

I can’t emphasize enough the importance of the information residents share through this survey.

Feedback from last year’s survey resulted in new and renovated tot lots across all our neighborhoods, the garrison’s very first dog park, and many other capital improvement projects and customer-service programs that will be supported over the next several years.

The survey takes just five minutes to complete, and it’s an excellent opportunity for



Dawson

residents to share their experiences and ideas about IPC’s operations from the leasing and move-in process through residency and move-out.

This information helps identify the areas IPC is doing well in, where there’s room for improvement, and what gaps there might be in what can be offered to our families.

As IPC heads into its annual budgeting and planning sessions, it will be able to prioritize short- and long-term plans for its housing asset and operations with a good

understanding of what’s truly important to our families.

The Department of the Army’s Residential Communities Initiative, or RCI, is directing the customer satisfaction survey across all communities in its U.S. privatized housing portfolio with help from the nationally recognized real estate consulting firm CEL & Associates, Inc.

Residents can be assured that their names will remain confidential.

Our families’ feedback is important, and it has helped make a difference in our community. If you have any questions or concerns, please reach out to your IPC community center or a member of our local Army RCI team.

STEPHEN E. DAWSON
COL, SC
Commanding

Tax Center clients get \$31M in refunds

Story and photo by
KRISTEN WONG
Contributing Writer

SCHOFIELD BARRACKS — Schofield Barracks Tax Center staff held an awards ceremony at the Sgt. Smith Theater to officially mark the closing of the center this year and recognize its personnel, April 21.

The 31 Soldiers who worked in the tax center received Army Achievement Medals and Certificates of Achievement for their efforts. Additionally, 10 Soldiers were recognized for earning their Combatives Level 1 Certificate.

The active duty tax preparers assisted approximately 1,000 military ID cardholders with their taxes this year as it opened Feb. 6 and closed April 15. Tax center patrons saved nearly \$300,000 in tax preparation fees, and they received nearly \$31 million in refunds. The average refund among the tax center’s clientele was \$3,427.

Col. Ian R. Iverson, the staff judge advocate for 25th Infantry Division and U.S. Army Garrison-Hawaii, offered a few remarks during the ceremony. He praised the Soldiers for supporting tax center patrons and noted that the post tax program was at one point in history nonexistent.

Before the tax center became a staple, attorneys on post would treat tax preparation as just another legal appointment. The tax center was first established on post during the 1980s, operating under the Volunteer Income Tax Assistance Program.

The IRS’s VITA Program offers tax as-



Col. Ian R. Iverson, the staff judge advocate for the 25th Infantry Division and U.S. Army Garrison-Hawaii, offers remarks during an awards ceremony at Sgt. Smith Theater, April 21.

sistance to eligible people, free of charge. Eligible people include the disabled, people limited in their knowledge of the English language and those whose income is \$54,000 or less a year.

The Soldiers trained in tax preparation for three weeks. Each preparer was certified by IRS personnel and trained by Pentagon tax experts. They learned about tax law, state tax issues and how to use TaxSlayer software.

It was rewarding to lead such a great group of Soldiers; their hard work and dedication is unmatched,” said Capt. Courtney Planté, the 2017 tax center officer in charge. “Any group is only as good as its individuals. My Soldiers

made my job easy. I am proud to have worked with and learned from every one of them.”

The tax center had its share of challenges throughout the season, from complicated taxes, to problems with the new tax program and power outages. In addition, the staff learned from their experience.

First, Planté said the staff found it beneficial to have Soldiers split into two shifts. Second, she said it was efficient to accept both walk-ins and appointments.

If you have tax issues during the rest of the year, visit Bldg. 2037, at 278 Aleshire Ave. Depending on how complex the inquiry is, the Legal Office may be able to help.



MPs from the 58th MP Co., 728th MP Bn., 8th MP Bde., 8th TSC, pose with the USARPAC

chief of staff, Maj. Gen. Mark O’Neil (2nd row, 4th from right) and retired Command

Sgt. Maj. Mark Farley (left, 1st from center) after receiving the award.

8th MP ‘Warfighters’ receive ‘16 Farley Awards

Story and photo by
STAFF SGT. TARESHA HILL
8th Theater Sustainment Command Public Affairs

SCHOFIELD BARRACKS — Two companies within the 728th Military Police Battalion, “Warfighters,” 8th MP Brigade, 8th Theater Sustainment Command, each received the Fiscal Year 2016 Command Sgt. Maj. Mark Farley Award, April 11, recognizing them as the best MP units in the Pacific, here.

The award, named in honor of Farley who served as the U.S. Army-Pacific’s senior enlisted leader from 2002-2006, and who is known for his expertise, keen intellect and

passion for taking care of MP Soldiers, measures the accomplishments, achievements and command programs among MP units across the Pacific area of operation.

For FY 2016, the 13th MP Detachment and the 58th MP Company, 728th MP Battalion, were both determined to be deserving of the award.

The guest speaker, retired Command Sgt. Maj. Mark Farley, thanked the awardees for continuing to be a true testament of what military police should look like in an Army of professionals.

“I commend you on your performance and congratulate you for your recognition as

the best of the best. Our regiment, our Army and our nation needs and expects your excellence,” said Farley.

U.S. Army-Pacific Chief of Staff Maj. Gen. Mark O’Neil also attended the award ceremony and presented the awards to the units on behalf of Farley.

Commanders Capt. Jed Warnock, 13th MP Det., and Capt. Deborah Almy, 58th MP Co., each agreed and said that receiving the award was a direct reflection of the Soldiers.

“This award is the result of the direct reflection of the professionalism, dedication and expertise that these Soldiers show 24-7,” said Warnock.

Voices of Ohana

Because it’s Financial Literacy Month, we wondered,
“What are you saving up for?”

By 3rd Brigade Combat Team Public Affairs, 25th Infantry Division



“I’m saving up to start my own gym.”

Sgt. Jacob Cox
Infantryman
2-35th Inf. Regt.,
3rd BCT



“I’m saving up for a lift kit for my Jeep.”

Spc. Christopher Gilbert
Infantryman, 2-14th
Cav. Regt., 2nd BCT



“I’m saving up for a trip to Japan.”

1st Lt. James Murphy
Infantryman
1-21st Inf. Regt.,
2nd BCT



“I’m saving up for a trip to India.”

Sgt. Devendra Ramnarace
Infantryman
1-21st Inf. Regt.,
2nd BCT



“I’m saving up for a nice family house.”

Sgt. Guillermo Rivera
Infantryman
2-35th Inf. Regt.,
3rd BCT

Sea Dragons discuss state of ADA Corps in Pacific

MAJ. TROY FREY
94th Army Air and Missile Defense Command
Public Affairs

JOINT BASE PEARL HARBOR-HICK-AM — The Sea Dragons of the 94th Army Air and Missile Defense Command hosted Brig. Gen. Randall McIntire, commandant, and Command Sgt. Maj. Finis Dodson, senior enlisted adviser for the U.S. Army Air Defense Artillery School, here, at their headquarters, April 4.

McIntire and Dodson conducted a visit to ADA units in the Pacific region during the month of April to discuss the current state and future of the ADA Corps with air defenders on the first line of defense and personally thanked the Soldiers for their tireless dedication to the ADA mission.

During their visit to the 94th AAMDC, they attended the Ballistic Missile Defense Asset Management Conference, received a command brief and provided a presentation on the state of the ADA branch to the Sea Dragon leaders.

According to the chief of the ADA branch, air defense has the potential to grow in both capacity and capability. However, the branch is currently struggling to meet some of the required personnel strengths, particularly in some of the enlisted and warrant officer military occupational specialties. These challenges are attributed to the constant need for air defense.

“We are looking at the reasons for low retention rates,” said McIntire. “The high operational tempo coupled with the fact that we have lost some of the deployment incentives (combat patch and combat pay) along with our persistent Middle East presence since Desert Shield/Storm has taken a toll on our volunteer force.

“Currently, we have over 57 percent of our force either forward stationed or deployed, which means we have more out than we have at home.”



Sgt. Kimberly Menzies, 94th Army Air and Missile Defense Command

Brig. Gen. Randall McIntire (left), U.S. ADA School commandant and Chief Warrant Officer 5 Samuel T. Ngaropo (right), USPACOM ballistic missile defense asset manager, perform the traditional island action of touching noses as a way of saying “thank you” after McIntire addresses the audience during the Ballistic Missile Defense Asset Management Conference.

The U.S. Army has ADA Soldiers forward stationed or deployed in 11 different nations, in addition to Task Force Talon, which is located in the U.S. Territory of Guam.

Even with these statistics, McIntire believes the outlook for ADA is good.

“The future of the (ADA) branch is very bright. We are the key to ensuring our friendly forces have the freedom to maneuver,” said McIntire.

One of the reasons for his optimism is the military’s focus on the operational concept of multi-domain battle (MDB). He discussed how the nature and character of warfare is changing and how we are entering the second era of missile warfare. He believes ADA will play a critical

role in MDB along with other enablers, such as cyber, engineers and aviation assets.

“This is where we see the synergy of fires coming together. The ADA will provide defensive fires and FA (field artillery) will provide offensive fires along with other critical enablers,” shared McIntire. “Similar to a well-trained boxer, we will soon be able to block and strike from the same formation with great speed and agility versus coordinating similar stove-piped capabilities in a less efficient manner.

“On the 21st century battlefield, we have to be able to fight and dominate in all domains. ... The multi-domain task force (MDTF) concept is being worked

out to provide protection as well as assist with force projection and open contested domains that our adversaries are denying. ... The primary domains are air, land, sea, space and cyber.

“The MDTF is tasked to keep the domains open for friendly forces and deny our adversaries the freedom to operate in those areas,” said McIntire.

The hard work and dedication of the 94th AAMDC Soldiers was not lost on McIntire.

“The 94th plays a vital role in our ability to provide air and missile defense capability to the PACOM theater,” stated McIntire, when asked about the impor-

See ADA A-7

Wheeled vehicle mechs improve mission readiness

Story and photo by
STAFF SGT. TARESHA HILL
8th Theater Sustainment Command
Public Affairs

SCHOFIELD BARRACKS — Nearly a dozen wheeled vehicle mechanics from throughout the 8th Military Police Brigade, 8th Theater Sustainment Command, participated in a two-week course taught by Oshkosh Defense, March 29-April 7, here.

The two-week course is designed to provide the mechanics with a practical understanding of the maintenance requirements of the Long Term Armored Strategy (LTAS) and Heavy Expanded Mobility Tactical Truck (HEMTT), two systems built by Oshkosh Defense.

Bringing subject matter experts to Hawaii, such as Oshkosh Defense, allows for more mechanics within the brigade to train, yielding a greater capacity of trained maintenance personnel at one time.

“Nobody in the military knows more than the guy who makes the truck,” said Staff Sgt. Robert Prindle, a mechanic with 71st Chemical Company, 303rd Ordnance Disposal Battalion (EOD), “so having someone come here that actually knows what they’re talking about, helps us a lot more than reading a PowerPoint slide.”



Wheeled vehicle mechanics, Staff Sgt. Robert Prindle (left), 71st Chem. Co., and Sgt. Christopher De Filippo, 74th OD Co., 303rd OD Battalion (EOD), 8th MPs, 8th TSC, test their component location knowledge.

With only 13 weeks of advanced individual training (A.I.T.) under their belts, many of the mechanics must learn about additional systems with on-the-job training once they reach their units. Some of these additional systems include the electrical components found in the Army’s tactical vehicles, such as the LTAS and HEMTT.

“After talking to the maintenance sec-

tions and analyzing past maintenance trends, it was determined that more training was needed in order to properly diagnose and troubleshoot these two systems,” said Chief Warrant Officer 3 Jose A. Yañez, the brigade’s senior ordnance ground maintenance warrant officer. “These two vehicles systems were the ones with the most faults and which required extensive troubleshooting.”

“Being in Hawaii, we have a lot of issues with the electrical systems because of the humidity and rain,” Prindle said, clarifying about the problems he and his mechanics often encounter. “About 85 percent of the class was over the electrical systems, so it’s going to better enhance our capabilities here.”

After receiving the 80 hours of classroom and hands-on training, the mechanics will be certified on the LTAS and HEMTT systems and be ready to pass on their knowledge to their fellow mechanics.

“The mechanics that were trained will take all this new information and troubleshooting techniques that they have learned and teach it down to their maintenance personnel, which will greatly enhance their unit’s maintenance and readiness posture,” said Yañez.

Prindle said he was very impressed with the instructor and that he appreciated the additional skills he gained by taking the class.

“It was a great class, and I definitely recommend it to all of the other motor pools in the area,” said Prindle.

He added, “We normally run at a 91 percent readiness rate. This will more than likely get us up to a 99 percent readiness rate.”

8th MP’s ‘Centurions’ strengthen partnerships during Shanti Prayas

STAFF SGT. TARESHA HILL
8th Theater Sustainment Command
Public Affairs

SCHOFIELD BARRACKS — Military police from the 57th Military Police Company “Centurions,” 728th MP Battalion, 8th MP Brigade, 8th Theater Sustainment Command, participated in the 2017 Multinational Peacekeeping Exercise Shanti Prayas III at the Birendra Peace Operations Training Center in Nepal.

More than 1,000 combined military personnel participated in Shanti Prayas III, a Global Peace Operations Initiative (GPOI) capstone exercise that is designed to train defense personnel for participation in United Nations peacekeeping missions.

Exercise participants learned the skills needed to carry out U.N. peacekeeping mission directives and tasks during staff

and field training events.

Highlighted among the military participants were the MPs from the 57th MP Co., who came to be the standard-bearer for much of the training during the field training event.

“It was echoed numerous times throughout the exercise to me,” said Lt. Col. Chad Froehlich, commander of 728th MP Bn., about the many accolades he has received. “Talking with the PACOM (U.S. Pacific Command) representatives there, they were very impressed with the way the company negotiated the lanes during the exercise.”

For Shanti Prayas III, or “Peace Endeavor,” the rules of engagement (ROE) used are very different than what are used in combat and what many average U.S. Army Soldiers are familiar with.

Froehlich said he contributed much of

the success to the fact that it was a peace-keeping mission and that it was a platoon of MPs participating in the exercise rather than a platoon of infantrymen or armor crewmen.

“MPs deal with a type of peacekeeping rules of engagement on a daily basis when they are working law enforcement,” Froehlich explained. “There has to be a graduated level of response with the ROE, so they were a very good fit for the peacekeeping operations.”

Despite having some peacekeeping skills, Sgt. 1st Class Roland Carnahan of the 57th MP Co. said it was still a learning experience for many of his Soldiers.

“They had to learn to work with an interpreter,” said Carnahan. “Many of them, (MP Soldiers), have not deployed before,



Photo by Staff Sgt. Michael Behlin, 8th TSC

Spc. Maria Hutchinson, an MP with 57th MP Co., performs a search on a Nepalese citizen during exercise Shanti Prayas III.

See CENTURIONS A-7

Key Resolve builds more integrated partners

DONNA KLAPAKIS
599th Transportation Brigade Public Affairs

WHEELER ARMY AIRFIELD — 599th Transportation Brigade personnel manned the Combined Seaport Coordination Center (CSCC) in Busan, South Korea, and the Japan Seaport Coordination Center (JSCC) at Yokohama North Dock, Japan, during Exercise Key Resolve 2017 (KR17) from March 13-23.

“This event provided an opportunity to exercise, assess and evaluate single port manager and operator concepts in a combined command-post scenario in the Korean theater, as well as to support Combined Forces Command (CFC) contingency plans,” said Richard Patton, 599th Trans. Bde. Korea forward planner. “Key Resolve successfully educated warfighters on Surface Deployment and Distribution Command’s (SDDC) forward-deployed, power-projection roles and capabilities.”

During the exercise, U.S. and Republic of Korea (ROK) allies worked together at the CSCC.

“The relationship between the U.S. Army and our ROK partners has never been stronger,” said Col. Anthony Aquino, 599th deputy commander and U.S. co-chair for the exercise at the CSCC. “Our teams have never worked more closely or been more integrated in my 10 years of participating in U.S. Forces Korea exercises.”

Not only did allied Soldiers work together, the exercise also saw active duty, Reserve and Navy working out problems together in the same centers and coordination throughout the Pacific area of operations.

“KR was yet another example of our great Total Force Integration (TFI) concept and great training and cooperation between active and reserve components,” said Col. James Smith, 599th commander.



Photo courtesy of Navy Cmdr. Ned Swanson, SDDC 320

Members of Navy Reserve detachments SDDC 320 and Military Sealift Command Far East (MSC-FE) 101, representing the 599th Transportation Brigade and MSC Far East, respectively, at the Japan Seaport Coordination Center during KR17, pose for a photo in front of 836th Transportation Battalion Headquarters at Yokohama North Dock, Japan, on March 23.

“We are bringing TFI to a new level, with active and reserve units coming from both on and off peninsula to staff the CSCC,” said Aquino. “I could not be more proud of our Reservists, many of whom arrived in country after 11 p.m. on Sunday and were on their way to a 13- or 14-hour shift at 7 a.m. the next day. This replicates similar stressors they would encounter should a contingency arise.”

As co-chair for the JSCC, Navy Cmdr. Ned Swanson, commander of SDDC 320 Naval Reserve Unit in Alameda, California, was the lead Japan forward element of the 599th for KR. His unit worked with different units for the exercise.

“SDDC 320 is a relatively small team,” Swanson said. “Because of our small staff, we each take on a combination of roles and wear several hats. During KR,

we worked with the CSCC, 599th Trans. Bde. HQ on Wheeler Army Airfield; 836th Transportation Battalion on Yokohama North Dock; Military Sealift Command Far East, Ship Support Office Japan; and Military Sealift Command Far East Reserve Detachment 101 (MSCFE 101).”

The 599th also sent Carlos Tibbetts, 599th terminals chief, to act as SDDC liaison at the Joint Movement Coordination Center in Seoul.

“I worked with the U.S. Forces Korea J4-Transportation, Combined Transportation Movement Center, ROK Transportation Command, and U.S. observers,” Tibbetts said. “During exercises, I find points of contact who will have and need information, and then act as an information hub to ensure that everyone keeps informed of all the updates.”



Send announcements for Soldiers and civilian employees to editor@hawaiiarmyweekly.com

May

2 / Tuesday

Asian-American Pacific Islander Heritage Month Observance — The 25th Sustainment Brigade, 25th Infantry Division, invites everyone to attend this observance at Sgt. Smith Theater, Schofield Barracks, on Tuesday, May 2, from 1-2 p.m. The guest speaker is retired Command Sgt. Maj. Josie Rossi; the theme is “Unite Our Voices by Speaking Together.”

RSVP to Sgt. 1st Class Milinda Williams at (571) 243-3036 or on global email.

6 / Saturday

Small Business Fair — The IRS is co-hosting the Hawaii Small Business Fair, “Launch Your Dreams into Reality,” a free one-day event featuring numerous workshops and exhibits with participating vendors from federal, state and local

agencies, May 6 from 7:30 a.m.-1 p.m., at Leeward Community College. Registration began April 6.

The college is located at 96-045 Ala Ike Road, Pearl City. Free parking is available.

Reasonable arrangements for persons with disabilities will be made, if requested. Call 945-1430 or 694-8332.

Starting a Business

Have you ever wanted to own your own business but didn’t know how to get started?

Well, the Waipahu Community Association will be offering classes that will teach people how to plan and operate a small business.

Classes will be held at the Waipahu Community Association, 94-340 Waipahu Depot Street, #201 (upstairs from Waipahu Festival Marketplace).

Classes will run from May 6-27 from 8:30 a.m.-noon. The following are dates and topics of the business start-up classes: May 6, 13, 20 and 27.

Cost for the four-session course is \$20. Deadline to register is May 5. To register, call (808) 677-6939 or email at wca.waipahu@hawaiiintel.net.

15 / Monday

Prescribed Burn — Army officials are taking action against brushfires by conducting a prescribed burn of the Schofield Barracks training range complex in May.

The Army’s specialized Wildland Fire Division is scheduled to begin the prescribed burn May 15, provided environmental conditions such as wind, temperature and fuel moisture are within the regulatory parameters.

No burn will take place May 18-20, in consideration of local graduation ceremonies.

Safety is the Army’s No. 1 priority, and the prescribed burn will improve safety by removing highly flammable guinea grass and other vegetation on the range. All burn operations will take place during daylight hours, and Wildland firefighters will remain on site each night to monitor the area. The Federal Fire Department will also be on standby for the duration of the burn.

Community members can call the Public Affairs Office at 656-3160 or 656-3159 to report smoke concerns or questions.

17 / Wednesday

Education Fair — At-

tend the next Education Fair at the Schofield Barracks Education Center, Bldg. 560 Lobby Area, Yano Hall, 1565 Kolekole Ave., on Wednesday, May 17, from 10 a.m.-2 p.m. Several colleges will be participating.

26 / Friday

GOC — U.S. Army Garrison-Hawaii will observe its Garrison Organization Celebration, May 26, from 9 a.m.-3:30 p.m. on the Stoneman Sports Complex, Schofield Barracks. Most programs and services provided by USAG-HI will be closed that day. Contact organizations before traveling to them.

29 / Monday

Memorial Day — U.S. Army Garrison-Hawaii will hold its annual Installation Memorial Day Remembrance Ceremony, May 29, at 10 a.m., at the Schofield Barracks Post Cemetery. The public is invited to join in honoring veterans who served and died in defense of our country.

Visitors should enter Schofield via Lyman Gate, off Kunia Road, and provide current ID, registration, insurance and safety check. For more information about the ceremony, call 656-3159.



Advisories from Army and Hawaii Department of Transportation (HDOT) sources. Provides traffic, construction and outage information.

(Note: Times and locations of outages are a best guess. Field conditions may extend the locations and time needed.)

May

6 / Saturday

Fort Shafter Electrical Outage — Buildings 220, 223, 230 and 252 will be out of service, May 6, from 7:30 a.m.-3:30 p.m., to perform electrical power line maintenance.

Schofield Barracks

Power Outage — All work centers on Lyman Road, left and right side, from the gate to Hewitt Street (including Burger King/Popeye’s) will experience a power outage on May 6 from 7 a.m. to 3:30 p.m. to perform electrical upgrades.

10 / Wednesday

WAAF Water Outage — Housing areas Sargeant Loop, Wili Wili and Stover on Wheeler Army Airfield will experience a water

In addition to manning operations centers overseas, the 599th also increased manning for its command operations center here.

“We worked split shifts from 6 a.m. to 11 p.m.,” said Air Force Maj. Charles Boler, command operations center chief. “We briefed real-world current ops during the nightly battle update brief and monitored traffic and video teleconferences occurring in the Korean theater of operations during the exercise.”

The 599th refined operations during this iteration of the annual exercise.

“The climate within the CSCC was at an all-time high,” said Lt. Col. James Congrove, night battle captain at the CSCC during KR. “Several reasons: First and foremost is the people. The CSCC is fortunate to have a group of reservists that come together formally as a unit twice per year from locations in time zones from Washington, D.C., to within the Korean theater itself. These Soldiers bring with them a tremendous experience base, not only from within SDDC, but from a broad range of logistics disciplines – folks from watercraft, rail and truck units, even airlift.

“Secondly is the relationship between the two colonels that chair the CSCC. Col. Aquino on the U.S. side and Col. Park, Nam Soo representing the South Koreans, are not only likeminded in their leadership approaches, but they genuinely set the example of a strong friendship and effective working relationship in a combined environment,” he added.

“This is my fourth iteration of the KR and Ulchi Freedom Guardian exercise series,” said Smith. “I can say with all confidence that the brigade as a whole has made significant improvements in its ability to mission command and coordinate strategic surface movement in continuity operations.”

outage on May 10 from 9 a.m.-3 p.m. to install improvements for better control of the water system in the area.

11 / Thursday

SB Carpenter Street

— A road closure will occur on Schofield Barracks’ Menoher and McMahon roads between the dates of May 11-18, from 8:45 a.m.-1:45 p.m. The additional work is for repair of AC paving at Carpenter Street. Cones and flag personnel will be on site for this work, and traffic will be stopped for pedestrians to walk around work area. There will be holiday work activities

Ongoing

McNair Gate Closure

— A nighttime closure of McNair Gate, Schofield Barracks is scheduled through July 21 to upgrade the guard shack. During working hours, parts of Ayres Avenue and McCornack Road leading to the gate will also be closed.

The closure of McNair Gate will run Sunday-Thursday nights between the hours of 8:30 p.m. and 5 a.m. Foote and Lyman gates will be available as an alternate route for nighttime time access to the base.

Centurions: MPs may return in ‘18

CONTINUED FROM A-3

so that was something new they had to work through.”

Through their adaptiveness, skills and leadership, the MPs embraced the challenges and prevailed.

“We learned how they (partner nations) operated during a U.N. peacekeeping mission and learned to have patience,” said Sgt. Franklin Rossetti, an MP with 57th MP Co.

Rossetti added, “Once we got the hang of it, it went smoothly.”

Froehlich said he was happy to see how effortlessly his Soldiers adapted and how well both, professionally and culturally, they engaged with the partner nations during the exercise.

He said PACOM representatives also noticed and requested to have the MPs return for next year’s exercise in Bangladesh.

USPACOM is scheduled to co-host next years’ GPOI capstone exercise, Shanti Doot 4, in Bangladesh at the Bangladesh Institute of Peace Support Operation Training.

Froehlich added, “We are definitely interested in participating in next year’s exercise. Anytime we can reach out and work with our partners across the Pacific, it’s a win for achieving the strategic goals established by PACOM.”

ADA: Retention is now problematic

CONTINUED FROM A-3

tance of the ADA mission in the Pacific. “The 94th AAMDC is key to synchronizing integrated air and missile defense with our joint and combined partners operating in the Pacific.”

The ADA school commandant and command sergeant major were pleased with their visit to the 94th AAMDC headquarters and were looking forward to meeting with more 94th Soldiers during the upcoming days of their Pacific tour.

“(Command Sgt. Maj.) Dodson and I are truly proud of the Sea Dragons. Their daily standard, dedication and professionalism to the mission is unparalleled,” expressed McIntire. “The 94th has a great reputation across our Army and represents the best of what the air defense artillery branch has to offer our joint and combined partners.”

‘Warriors’ race to support SAAPM

Story and photos by
MAJ. KAREN ROXBERRY
2nd Infantry Brigade Combat Team
Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — Soldiers and leaders of the 2nd Infantry Brigade Combat Team, “Warrior Brigade,” 25th Infantry Division, competed in a grueling 10-mile race, here, to show their support for Sexual Assault Awareness Prevention Month (SAAPM), April 19.

Similar to the reality television series “The Amazing Race,” competitors were grouped in teams and solved clues that would earn points and lead to follow-on locations, but the overall goal for this race was to educate leaders and Soldiers about the resources and organizations available to help victims of sexual assault.

“This race was designed to show leaders and Soldiers the places a victim can go when dealing with sexual assault, because it’s certainly not an easy journey,” said Sgt. 1st Class Shareasa Owens, 2nd IBCT’s sexual assault response coordinator (SARC) and organizer for the event. “We also quiz them about the location to make sure that they fully understand.”

Sgt. 1st Class Jamia Hocog, SARC for 1st Battalion, 27th Infantry Regiment, said there is a misconception that when someone reports a case of sexual assault, the case begins and ends with the SARC or victim’s advocate.

“By completing the race, leaders and Soldiers should understand all the different agencies that pour into



Soldiers with 2nd Sqdn., 14th Cav. Regt., stop at the Office of the SJA and receive a clue from Sgt. 1st Class Jamia Hocog, SARC, with 1st Bn., 27th Inf. Regt.

the Sexual Harassment/Sexual Assault Response and Prevention Program to make it successful,” said Hocog. “A number of agencies ... work diligently within the program to assist not only Soldiers in their time of need but dependents of Soldiers as well. These professionals not only guide and educate victims of sexual assault through the process, but they also provide unwavering support.”

Before the race began, Col. Anthony Lugo, commander of 2IBCT, provided opening remarks, affirming the Warrior Brigade’s commitment to supporting the SHARP program.

“Leaders have to commit them-

selves to the SHARP program’s mission to eliminate sexual offenses throughout the Army,” Lugo said. “A leader’s commitment to live the Army Values will ensure sexual offenses are not tolerated. A commitment to the Army Values will ensure that all our Soldiers are ready to fight and win.”

“When we talk about what it means to hold oneself to the standards of a professional Soldier, we need to include SHARP in that conversation,” added Capt. James McLaughlin, commander for Company C, 1-27th Inf. Regt. “It’s about ownership. We as professional Soldiers must own SHARP as a program and take it seriously, and we must have the courage to speak up and to take action when necessary.”

The teams of runners solved clues leading to the following locations on Schofield Barracks: SHARP Resource Center, Schofield Barracks Health Center, Office of the Inspector General, Office of the Staff Judge Advocate and 102nd Military Police Detachment.

The race also encompassed Wheeler Army Airfield with two additional locations, Army Trial Defense Services and 8th Theater Sustainment Command Courthouse.

Overall, 31 runners participated, making up six teams, with first place being awarded to Soldiers assigned to the 225th Brigade Support Battalion and second place to Soldiers of the 2nd Squadron, 14th Cavalry Regiment.



Col. Anthony Lugo, 2IBCT commander, reads the first clue to his teammates comprised of company commanders assigned to 1st Bn., 27th Inf. Regt.

Unleash your inner **ARTIST**

'MWR Paint & Sip is at Tropics'

KRISTEN WONG
Contributing Writer

SCHOFIELD BARRACKS — Did you ever look at a painting in a museum and wonder if you could create a work of art like that?

Have you ever watched Bob Ross's "The Joy of Painting" and been compelled to grab a brush and easel?

The Schofield Barracks Arts & Crafts Center conveniently offers Paint & Sip at Tropics Recreation Center, so you can stretch out your painting muscles and dip into a palette of possibilities.

The class has been offered, here, since March 2016. Dania Wong, an art instructor at the SB Arts & Crafts Center, teaches the class with another center staff member assisting.

Open registration

Active duty service members, family members, Department of Defense civilians and sponsored guests are eligible to register for this class. Although Wong said the number of attendees varies each month, there has been as many as 40 students in one sitting.

Wong said her boss was inspired to offer the class after attending a Paint & Sip class at a workshop, particularly given the popularity of this type of event in Hawaii.

An instructor for almost five years, Wong has been painting for most of her life. Having co-workers with different specialties at the SB Arts & Crafts Center, she also develops skills in other areas of arts and crafts.

"I really love my job and I have fun doing it," Wong said.

She added that it is rewarding to see students feel proud of their finished work.

Talent and skill are not required for Paint & Sip. Wong said she uses basic brush strokes when teaching the class.

"I take them step by step, line by line," she said. "They are amazed by the end result."

She said it is good to offer Paint & Sip in order to reintroduce people to art and promote not only the Arts & Crafts Center, but also Tropics Recreation Center.

"It's brought art back to people," she said. "They're not as afraid to contemplate and experience painting. In one night they can learn their basics (and) a lot of them continue at home."

Wong said since service members and their families are only stationed in Hawaii for a short time, each class features a Hawaii-themed painting. Previous students have painted scenes such as Chinaman's Hat and Diamond Head. Each class is taught a specific picture, though Wong said attendees may also independently work on a painting of their own during the class. She said students in particular seem to enjoy painting hula girls and ocean scenes.

"I thought it was a lot of fun," said Capt. Royce Quezada, S-3 officer in charge of 8th Special Troops Battalion, 8th Theater Sustainment Command. "I personally like art."

Quezada said he liked how Wong broke down the painting into "baby steps" and shapes to build the painting. Some of the challenges he faced were texturing and blending.

Though the class may have its challenges, military spouse Emily Hart said Paint & Sip was a relaxing challenge.

Students use acrylic paints, which do not come out of clothing, so each student receives an apron. With acrylic paint, however, mistakes can be painted over after drying.

"I like it," said Heather Cooper. "It's something you can do together. It's fun. The technique is good. It's simple enough for a beginner. It's not technically advanced, not too hard, not too easy."

Heather Cooper's husband, Maj. Bradley Cooper, the executive officer of Army Field Support Battalion-Hawaii, suggested they go. The major said the class is great for relaxing, spending time with loved ones, and even spending time away from the children.

In the future, the SB Arts & Crafts Center staff is planning to offer Paint & Sip at The Hangar on Wheeler Army Airfield. Wong said she is also planning to teach painting on wooden panels.

More Online

Visit <https://hawaii.armymwr.com/pacific/hawaii/categories/arts-and-crafts> for the next available event. The fee is \$35. Preregistration is required. Register at Schofield Barracks Arts & Crafts Center or call Tropics Recreation Center at 655-5698.



Chief Warrant Officer 3 Alex Ortiz, information services technician with 2nd Infantry Brigade Combat Team, 25th Infantry Division, chooses to paint a different picture during Paint & Sip at Tropics Recreation Center, March 24. Although each class is being taught to paint a specific picture, attendees are welcome to work independently on their own project.



Dania Wong (left), an art instructor at the Schofield Barracks Arts & Crafts Center, assists military spouse Shelly Greene with her tiki painting during Paint & Sip at Tropics Recreation Center, March 24. Active duty service members, family members, Department of Defense civilians and sponsored guests are eligible to register for the class, which is taught by the SB Arts & Crafts Center staff.



Briefs

28 / Friday

Using LinkedIn — Build your network by utilizing social media and developing your LinkedIn profile to net a job at SB ACS from 10-11 a.m. Call 655-4227.

Volunteer Recognition — ACS invites all volunteers registered in the Volunteer Management Information System (VMIS), who have certified volunteer hours, to SB Nehelani from noon-2 p.m. for the annual volunteer recognition ceremony and reception. Call 655-4227.

Paint and Sip at Tropics — Paint a picture on canvas at SB Tropics from 7-9 p.m. while sipping your beverage of choice for \$35. Class includes all painting supplies and instruction. Preregistration is required. Call 655-5698.

BOSS Trip for Eat the Streets — Starts at 5:30 p.m. Register at SB Tropics or call Sgt. Wery at 352-223-6370.

Hawaiian Lunch Buffet, North — Held at SB Kolekole Bar & Grill from 11 a.m.-1 p.m. for \$14.95 per person. Call 655-4466.

Hawaiian Lunch Buffet, South — Held at FS Hale Ikena from 11 a.m.-2 p.m. for \$14.96. Call 438-1974.

Right Arm Night — Enjoy a night of camaraderie at SB Nehelani starting at 5 p.m. Call 655-4466.

Leilehua Concert Series — Enjoy live music from Darren Benitez from 6-8 p.m. at The Grill at Leilehua Golf Course. Call 655-4653.

Parenting 101 — Take your parenting to the next level. Discover current “best

MUSEUM BENEFIT

General Herbert E. Wolff Memorial Golf Tournament



The Hawaii Army Museum Society's (HAMS) 36th Annual Tournament

16 June 2017, Friday, Leilehua Golf Course, Noon Shotgun Start

\$150 Entry Includes:

- Lunch & Dinner Banquet
- Tournament Gift
- Pre-play use of Driving Range
- Putting Contest
- Hole-in-One
- Longest Drive Award
- Closest to the Pin
- On Course Refreshment
- Goodie Bag
- Opportunity for Lucky Draw Prize

Additional Opportunities:

- Mulligans
- Hitting any Par 3 Green on 1st shot

No Spiked Shoes
A&B Flights
Team of 4, Scramble Format
Max. handicap:
Men-30, Women-36
If handicap not indicated,
Handicap will be assigned.

For Information Call:
Vicki Olson, 941-3900
Hiarmymuseumsoc.org

Photo courtesy of Hawaii Army Museum

WAHIAWA — The Hawaii Army Museum Society's annual fundraiser is three weeks away with an afternoon of fun at the Leilehua Golf Course.

The day features both lunch and dinner, tournament gifts and prizes. Visit the museum's website for more information at hiarmymuseumsoc.org.

practices” and learn tips and tools to assist you in reaching your parenting goals at SB ACS from noon-1 p.m. Call 655-4227 to register.

29 / Saturday

Adventure Biking — Bike down Pearl City Path with SB Outdoor Recreation Center starting at 8:30 a.m. for \$30

per person. Transportation (up to 12 people), guide and equipment (adult bikes) provided. All you need to bring is some water and snacks. This event is a beginner program. Participants must be able to ride a bike. Call 655-0143.

Hands-Only Citizen's CPR — These sessions are free for children and teens

at SB Sgt. Yano Library from 11 a.m.-3 p.m. and are approximately 40 minutes long. Note, all classes taught by certified instructors. Call 655-1128.

BOSS Game Night — Join the fun beginning at 4 p.m. Register at SB Tropics or call Sgt. Wery at 352-223-6370.

30 / Sunday

BOSS vs. SMSP Football — The game kicks off at noon at MCBH, Kaneohe Bay. Register at Tropics or call Sgt. Wery at 352-223-6370.

May

15 / Monday

Commander's Cup Softball League — Tournament runs May 15-Aug. 25. Call 655-9914 for more details.

Ongoing

Youth Sports and Fitness Track and Field — Registration is underway for youth born on/or between 1999-2010 – with no exceptions. Call 655-6465 or 836-1923.

Ceramic Mold Pouring — One session costs \$25, including supplies, from 10 a.m.-noon, on Wednesday, and 9 a.m.-noon, on Saturdays, at SB Arts & Crafts Center, Bldg. 572, at 919 Humphreys Road. Ages 17 and up are recommended; for younger patrons, call 655-4202.

Mom & Tots — SB Arts & Crafts Center, Bldg. 572, 919 Humphreys Road, every Thursday, for moms (or a parent/guardian) to enjoy mixed media crafting at \$5 from 10-11 a.m. Call 655-4202.

Keiki Night — Every Wednesday is Keiki Night at the SB Kolekole Bar & Grill. Kids under 10 eat for only \$2.99 from the kids menu from 5-8 p.m. Call 655-4466.

Wing Night at Mulligan's — Every Thursday and Friday night on FS from 3:30-8 p.m. Get 10 wings for \$3. Call 438-1974.

Thirsty Thursdays at WAAF Hangar — Every Thursday enjoy 75 cent wings and draft specials from 4:30-8 p.m. Call 656-1745.



Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

29 / Saturday



Schofield Barracks Spartan Race — Show your support in bringing Spartan Race to Schofield Barracks!

Secure your spot now for our Honolulu Sprint event on Jan. 27 2018, and pay \$0. If we hit 2,500 registrants by July 17, we'll bring Spartan to Schofield Barracks and your card will be charged for a full registration at our introductory, VIP rate you choose during registration.

For more information, visit <https://www.spartan.com/en/race/detail/3004/overview>.

SB Kolekole Walking-Hiking Trail — The trail is open, 5:30 a.m.-6:30 p.m., Saturday and Sunday, for DoD ID cardholders and their guests. Do not park at the trail from 6:30 p.m.-5:30 a.m. Violators will be ticketed. The trail contains hazards, and use of the hiking trail is at your own risk.

Spam Jam — Each place in the world seems to have its signature food festival, but you have never seen anything like this, a Spam festival, 4-10 p.m., on Kalakaua Ave., Waikiki. Last year, an estimated 25,000 people attended. Visit Spamjamhawaii.com.

HECO Grow Hawaii Festival — This 10th annual festival, Saturday, 9 a.m.-3 p.m., April 29, on Bishop Museum's Great Lawn, is free for kama'aina and military with valid ID. This

family-oriented event focuses on conservation, sustainability, Hawaiian culture and native plants in recognition of Earth Month.

Free parking at Bishop Museum, Kapalama Elementary School and Damien Memorial High School is available. Visit bishopmuseum.org.

30 / Sunday

Koa Kai Triathlon — Scheduled at Hangar 103 aboard Marine Corps Base Hawaii, Kaneohe Bay, at 6:30 a.m. Includes a 500-meter swim, an 11.1-mile bike ride and a 5-kilometer run.

Individual cost is \$50 for military, \$60 for civilians. Three-person relays cost \$70 for military and \$90 for civilians.

Online registration closed April 25; so a late registration fee of \$10 applies. Call 254-7590 or visit www.mccshawaii.com/races.

May

5 / Friday

Cinco de Mayo Cultural Block Party — Honolulu's downtown Chinatown celebrates and connects all the dances, music, folklore and cuisine of Latin America and Mexico, 6-10 p.m., along Nuuanu Street. Visit www.cantinacrawlhawaii.com.

6 / Saturday

2017 Hawaii Book & Music Festival — Saturday and Sunday, May 6 and 7, on the grounds of Honolulu Hale. Free admission and parking.

More than 500 presenters and 150 events. Programs run in eight simultaneous venues, in tent pavilions and on stages, national and local best-selling authors, interactive music performances, children's activities, food and more.

Also seeking volunteers to assist in various roles. Visit www.

hawaiibookandmusicfestival.com.

Wahiawa Pineapple Festival — The sweetness of Wahiawa takes place May 6, 10 a.m.-4 p.m., at Wahiawa District Park on California Avenue. Admission is free.

The day begins with a parade at 9 a.m., followed by cultural and educational booths, an exciting array of food booths, the 2017 festival T-shirt, a country store, vendors, handcrafters, thrilling entertainment and keiki activities. Visit www.wahiawhihistoricalsoc.com.

Waimea Valley Moon Walks — The moon was a symbolic celestial body for Native Hawaiians. Mahina's (the moon) phases often determined Hawaiian practices, such as when to plant crops. Waimea Valley, which houses an impressive botanical garden, honors Mahina and its significance to Hawaiian culture through seven planned Moon Walks continuing on Saturday, May 6. Upcoming moon walks are also scheduled for June 8, July 6, Aug. 5, Sept. 4 and Oct. 1. Visit www.waimeavalley.net.

7 / Sunday

Duke Kahanamoku Beach Challenge — The 32nd annual Duke draws both locals and visitors for an exciting day of team canoe races, stand up paddle races and kayak races at Duke's lagoon and beach fronting the Hilton Hawaiian Village Waikiki Beach Resort, with an 8:55 a.m. Hawaiian opening ceremony.

Free seating on the Great Lawn is open, but limited. For details or to sign up a team, visit the host sponsor's site at www.waikikicomunitycenter.com.

13 / Saturday

Hawaii Pet Expo 2017 — The Hawaii Pet Expo 2017 is Saturday and Sunday, May 13 and 14, from 10 a.m.-4 p.m., at Neal S. Blaisdell Center Exhibition Hall

on 777 Ward Ave.

The expo encourages responsible pet ownership and strengthening the unique bond between people and their pets through educational displays, live animal demonstrations and the latest in pet products and services.

16 / Tuesday

Hui 'O Na Wahine — The Schofield Barracks Thrift Store will be closed for the final luncheon of the season. Cost is \$20, cash only, as the Hui concludes it's 85th season. Reserved seating can be purchased at the SB Thrift Store during regular hours, Mondays, Tuesdays, Thursdays and Fridays.

Ongoing

Salvation Army Cabin Renovations — Seeking volunteers to help with a cabin remodel project of a 70-year-old Army barracks at Camp Homelani on Oahu's North Shore. It is in dire need of repair. Call 440-1861 or email rob.noland@usw.salvationarmy.org.

Kuhio Beach Hula Show — This free show, sponsored by the City and County of Honolulu, showcases culturally significant hula. Shows run 6-7 p.m., Tuesdays, Thursdays and Saturdays at the Kuhio Beach Hula Mound near the Duke Kahanamoku statue, weather permitting.

Cameras are welcome and seating is available on the grass, beach chairs and mats. Call 843-8002.

Make a Lei for Memorial Day — Volunteer to make a ti leaf lei to be placed on the graves at the National Memorial Cemetery of the Pacific for the Mayor's Memorial Day Ceremony.

The event is Tuesday, May 23, from 10-11:30 a.m. at Foster Botanical Garden. There is no fee. Reservations are required. Call 522-7066.



Ghost in the Shell (PG-13)

Friday, April 28, 7 p.m.



Boss Baby (PG)

Saturday, April 29, 4 p.m.



Power Rangers (PG-13)

Saturday, April 29, 7 p.m.

Beauty and the Beast (PG)

Sunday, April 30, 4 p.m.

Closed Monday through Thursday.

Calendar abbreviations
8th TSC: 8th Theater Sustainment Command
25th ID: 25th Infantry Division
ACS: Army Community Service
AFAP: Army Family Action Plan
AFTB: Army Family Team Building
AMR: Aliamanu Military Reservation

ASYMCA: Armed Services YMCA
BCT: Brigade Combat Team
CDC: Child Development Center
CYSS: Child, Youth and School Services
EFMP: Exceptional Family Member Program
FCC: Family Child Care
FMWR: Family and Morale, Welfare

and Recreation
FRG: Family Readiness Group
FS: Fort Shafter
HMR: Helemano Military Reservation
IPC: Island Palm Communities
PFC: Physical Fitness Center
SAC: School Age Center
SB: Schofield Barracks

SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
TAMC: Tripler Army Medical Center
USAG-HI: U.S. Army Garrison-Hawaii
USARPAC: U.S. Army-Pacific
WAAF: Wheeler Army Airfield

Art contest raises awareness of child abuse

ARMY COMMUNITY SERVICE
News Release

SCHOFIELD BARRACKS — This month, the Army Community Service Family Advocacy Program hosted a Youth Art Contest in honor of Child Abuse Prevention Month.

The purpose of the contest was to get the children in the community involved in promoting awareness of child abuse and its consequences.

The contest, open to children ages 6-17 in the U.S. Army Garrison-Hawaii community, featured the theme “Every Child Matters.” The number of submissions from children of all ages impressed ACS officials.

“The level of motivation and artistic talent demonstrated by the kids was remarkable. Their messages were powerful and inspiring,” said Carolyn Bryant, ACS Family Advocacy Program specialist.

Interpretation

The youth were encouraged to create drawings or paintings that represented their views on keeping children safe and preventing child abuse. In addition to multiple FAP outreach events and information tables throughout the month, the contest allowed the participants to create messages from their unique perspectives



Courtesy illustration

Shown here is the entry submitted by Kindergarten to first grade category winner Krista Dyson as part of the ACS FAP Youth Art Contest.

as children.

“It is enlightening to witness children’s perspectives about the world around them and about issues affecting our community,” said Tiffani James, a

mother of one of the participants.

Over 50 ACS clients and staff voted for one winner in the each of the following categories: Kindergarten to first grade, second-to-fifth grade, sixth-to-eighth

grade and high school. The winners were as follows:

- Kindergarten to first grade: Krista Dyson (first grade).
- Second-to-fifth grade: Zakiya Kearney (fifth grade).
- Sixth-to-eighth grade: Celisa Scarbrough (sixth grade).
- High school: Kalep Tabuyo (ninth grade).

The winning art projects are posted on the ACS Facebook page (Army Community Service Hawaii). The winners will be recognized during the upcoming ACS Summer Open House on Wednesday, May 10.

The Open House, at the Schofield Barracks ACS, 2091 Kolekole Ave, is open to the military community from 1:30-3:30 p.m.

Congratulations to all of the winners! *(Editor’s note: Army Community Service is part of the Directorate of Family and Morale, Welfare and Recreation, U.S. Army Garrison-Hawaii.)*

Take a Stand

If you suspect child abuse, report it to the Military Police. Schofield Barracks at 655-7114 or Fort Shafter at 438-7114.

Upcoming commissary case lot sales offer oversized savings

KEVIN L. ROBINSON
Defense Commissary Agency

FORT LEE, Virginia — Commissary patrons stateside will be able to stock up on their favorite items at significant savings during the Defense Commissary Agency’s spring Customer Appreciation Case Lot Sale event.

“Many of our military members and their families relish the opportunity to buy cases of items similar to what they’d see in commercial club stores,” said Tracie Russ, DeCA’s director of sales. “On top of shopping in bulk, our patrons realize huge savings – that’s a deal they can’t afford to miss.”

Each stateside store hosts an individual two- or three-day case lot sale. The majority of sale dates occur in late April and throughout the month of May, while in some locations, like Fort Leavenworth, Kansas, sales begin as early as mid-April.

Schofield Commissary will hold a case lot sale May 4-7.

Mix and match options

In addition to the case lot formats found in commercial club stores, commissary case lot events also offer additional “mix and match” packages of similar items in bulk-size cases. These include grocery items such as barbecue sauces; canned tomatoes, beans and vegetables; certain pasta meals; cold cereals; snacks; yogurt; water, tea and juices; pet food; and body washes, soaps and shampoos.

Customers have a variety of options to choose from. Sale items include products in the following categories:

- Fruit snacks, crackers, cereals, pastries, popcorn and potato chips.
- Water and flavored water, juices, juice mixes, sodas, sports drinks and milk.
- Frozen family meals.
- Pet supplies to include bagged and canned food, treats and cat litter.
- International foods such as Italian, Asian and Hispanic items.

- Cookies, brownies, pancakes and muffin mixes.
- Canned fruit and vegetables.
- Sandwich, storage and freezer bags; paper products and cleaning supplies such as bathroom tissue, fabric sheets and laundry detergent.
- Health and beauty care including diapers, wipes, soaps and body lotions.

“These events continue to be popular with our patrons because they can shop and save on a bulk scale,” Russ said. “It’s definitely worth the trip!”

Schofield Case Lot Sale

Schofield Commissary’s Case Lot Sale will be held Thursday through Sunday, May 4-7.

Patrons are encouraged to visit www.commissaries.com/case_lot_sale.cfm to confirm schedules.



File photo

SCHOFIELD BARRACKS — Commissary shopping goes outdoors May 4-7.

Military culture, experiences breed early curiosity in keiki

“Time for gelato!” I blurted, pulling our kids away from a statue at the Vatican City Museum during a family trip to Rome.

We had stopped on our way to the Sistine Chapel to take a closer look at the strange female sculpture that we initially thought was covered in some kind of fruit. Were they mangoes?

The plaque on the adjacent wall explained that she was Artemis, the goddess of fertility, and she was adorned with severed bull testicles. Ahem.

While stationed in Europe, my husband, Francis, and I tried to expose Hayden, Anna and Lilly to art, history and culture as much as possible. Typical military brats, they had no idea how fortunate they were to live a minivan ride away from Paris, Berlin, Vienna, Florence, Amsterdam, Barcelona, Prague and other European cultural meccas. Sometimes, to their chagrin, we took them to see paintings and sculptures in every city we visited.

And, as it is with art, many of the



renderings were explicit, causing our children to giggle, gawk or grimace in embarrassment. We indulged them – they are kids, after all – and we hoped that someday, when it mattered, they’d remember standing before the original works of Manet, Michelangelo, Klimt, Matisse, Botticelli, Cezanne, Donatello and other greats.

However, some pieces were so detailed, they caused our children’s mental wheels to spin.

“Wait a minute. What is that, and what’s it for anyway?” their disturbed looks seemed to say.

After fielding many awkward questions, Francis and I got good at knowing which masterpieces we should breeze by quickly.

We shuffled the kids past explicit



Photo courtesy of Lisa Smith Molinari

BERLIN — Members of the Molinari family share the spotlight while stationed in Europe with the well-known “Three Girls and a Boy” bronze structure, creating curiosity among younger family members about anatomy.

nudes in Paris’ Musee D’Orsay on our way to see classics like Monet’s Blue Water Lilies and Whistler’s Mother. We didn’t let the kids linger too long at the base of Giambologna’s

The Rape of Sabines in Florence’s Galleria dell’Accademia, opting to find Michelangelo’s anatomically

See BIRDS AND BEES B-4

PEDIATRIC INTENSIVE CARE UNIT



Photo by William Sallette, Tripler Army Medical Center Public Affairs

HONOLULU — Tripler Army Medical Center conducted a grand opening ceremony April 19 for its newest Pediatric Intensive Care Unit.

The improved unit is designed to provide spacious patient rooms that provide family integrated care, state of the art technology of bedside booms that are mobile and adjustable, the addition of negative/positive pressure rooms to accommodate patient’s needing such precautions, a pediatric decorated environment and a new infant abduction system.

At left, (from left to right) Col. Andrew M. Barr, commander, TAMC; Cheryl M. Kaaialii, chief nurse, Pediatric Intensive Care Unit (PICU); Staff Sgt. Rodney Hardwick, noncommissioned officer in charge, PICU; Col. Pablito R. Gahol, deputy commander, Inpatient Services; and Command Sgt. Maj. Timothy S. Sloan, senior enlisted adviser, untie the maile lei to commemorate the opening of the PICU.

Fishing net becomes a family heirloom

CHAPLAIN (CAPT.) JONATHAN E. PORTER
3rd Squadron, 4th Cavalry Regiment
3rd Infantry Brigade Combat Team
25th Infantry Division

SCHOFIELD BARRACKS — Thirty years ago, my father gave me a landing net for fishing and crabbing. We used the net a few times over the years and created a few fond memories. One of my favorites was the time I used the net to capture a rabbit that had been frequenting our vegetable garden. To catch the rabbit, I laid a trap placing the net on the opposite side of a hole in the fence that the rabbit used. I chased the rabbit from the garden, and it ran right into the net. Excited, I showed my father who promptly made me let the poor thing go.

Many moves
The net has journeyed with my family on our many moves across the United States. Usually it hangs in a garden shed or garage with other tools I try not to use. Not long before our permanent change of station, or PCS move to Hawaii, my daughter, Evelyn, took an interest in the net. She loves to catch



Porter

little creatures like tadpoles and caterpillars and wanted to up her game with a bigger net. She asked if she could use the net to catch a groundhog or chipmunk. I told her she could use it, figuring that she would have fun, but doubting her ability to succeed. My doubts were ill placed. A few weeks after giving Evelyn permission to use the net, she rushed into the house calling on the rest of the family to look at the rabbit she had captured. Still doubting, I expected to see a stuffed animal in the net. However, Evelyn and a couple of her little friends had indeed netted a rabbit and placed it in a cage! Like myself many years ago, she was very excited on her catch. I congratulated her and promptly made her let the poor thing go.

Invest
I cannot tell you why I have kept the fishing net for so many years, but I can say my father’s \$10 investment



has created a great return in pleasant memories. As we enjoy the beautiful spring weather on Oahu, I encourage you to consider how you are investing in your family and friends.

Birds and Bees: Kids question

CONTINUED FROM B-3

humongous, but relatively benign, David instead. And as soon as we found out that the Vatican City Museum’s statue of Artemis was not covered in mangoes after all, we used the oldest bait and switch in the book – ice cream. However, on our final trip in Europe before moving back to the States, it became clear that I could no longer avoid the curiosity of our youngest child, Lilly. It was the end of our three-year tour. Francis had already moved to his next duty station at Naval Station Mayport, Florida, and I stayed behind, so the kids could finish out the school year. Regretting that we’d never had

the chance to visit Greece and Croatia, I booked a last-minute cruise with port calls in Venice, Bari, Corfu and Dubrovnik. “Perfect!” I thought, looking forward to checking the rest of the boxes on my family’s travel wish list. But, of course, things were not perfect. Lilly, Anna and I got seasick after departing Venice. After a long night of tag-teaming in our state room’s tiny bathroom and rationing the remaining scraps of toilet paper, we wandered around Bari the following morning, dazed and queasy. In my weakened state, I didn’t have the energy to censor what the kids were seeing. All I could do was sip shakily from a cappuccino while they gawked at nude statues and giggled at paintings. I could tell that Lilly’s head was spinning with questions.

THE talk
Later, while Anna and Hayden visited the arcade, I took Lilly for a mother-

daughter dinner at the ship’s buffet. Even though my parental judgment was still somewhat impaired from lingering seasickness, I decided to seize the opportunity to enlighten my daughter. Sitting there in a booth on that Italian cruise ship, using breadsticks and rigatoni noodles as my visual aids, I told Lilly all about the birds and the bees. Too stunned to finish her pasta, Lilly just sat there, her brown eyes wide. It was as if she was trying to process all that she had seen during our three years in Europe. Whether this bombshell made things easier or more difficult for her to comprehend, I couldn’t say. All I knew was, if Lilly asked me any follow up questions, I was armed with the perfect answer – “Let’s get some ice cream!” (To read more of Molinari’s impressions and musings about military life, please visit her website at www.themematandpotatoesoflife.com.)



Additional religious services, children’s programs, educational services and contact information can be found at <https://www.garrison.hawaii.army.mil/rso/USARHAW%20Chapel%20Services.pdf>.

- AMR: Aliamanu Military Reservation Chapel
FD: Fort DeRussy Chapel
HMR: Helemano Chapel
MPC: Main Post Chapel, Schofield Barracks
PH: Aloha Jewish Chapel, Pearl Harbor
SC: Soldiers’ Chapel, Schofield Barracks
TAMC: Tripler Army Medical Center Chapel
WAAF: Wheeler Army Airfield Chapel

Buddhist Services
•First Sunday, 1 p.m. at FD
•Last Wednesday, 6 p.m. at MPC

Catholic Mass
•Monday-Wednesday, 11:45 a.m. at Soldiers’ Chapel
•Thursday, 11:45 a.m. at AMR
•Wednesday, 5 p.m. at MPC
•Saturday, 5 p.m. at TAMC
•Sunday services:
-8:30 a.m. at AMR
-10:30 a.m. at MPC
-11 a.m. at TAMC

Gospel Worship
•Sunday, noon at MPC
•Sunday, 12:30 p.m. at AMR

Islamic
•Friday, 12:30 p.m. at AMR
(Call 477-7647)

Jewish Shabbat (Sabbath)
•Friday, 7:30 p.m. at PH
(Call 473-3971)

Protestant Worship
•Sunday Services
-9 a.m. at MPC (Contemporary)
-9 a.m. at FD
-9 a.m. at TAMC
-10 a.m. at HMR (Contemporary)
-10:30 a.m. at AMR (Contemporary)
-11 a.m. at WAAF (Contemporary)

Dangers result in overtraining

Extreme exercise can deteriorate muscle

DR. GRACE S. CHEN, M.D.
Tripler Army Medical Center

HONOLULU — The next time you go on your next ruck march, please consider training for it! We are born with two kidneys, organs that filter blood and make waste products into urine, but when we aren’t taking care of our bodies and we aren’t training properly, we could be doing more harm than good.

Rhabdomyolysis is a condition in which damaged muscle breaks down very quickly, releasing a substance that is filtered by the kidneys. When it breaks down, it can damage kidney cells.

Military estimates
There is a wide range of estimates of rhabdomyolysis in the military. A large retrospective review of over 500,000 Soldiers showed that there was an average of 7-8 cases per 10,000 people. Another study diagnosed 40 percent of military recruits with rhabdomyolysis within the first six days of basic training.

Rhabdomyolysis can occur in people after extreme exercise. In addition to military recruits, it has been documented in patients who are marathon runners and weight lifters. It can also occur in people who are deconditioned and try to



Rhabdomyolysis, a condition where muscle breaks down quickly, can occur in people after extreme exercise.

accelerate their training program too quickly.

Direct muscle trauma from large-scale disasters can cause rhabdomyolysis from muscle breakdown. Tortured or assaulted patients can be at risk for rhabdomyolysis, too. Seizures can cause rhabdomyolysis by the prolonged trauma to the muscles.

Rhabdomyolysis can also be caused by tissue compression from long periods of immobility. This can happen in older patients found on the ground (unable to get up) after a fall. As pressure in the muscle increases, blood flow decreases and muscle tissue dies. The dead muscle

releases myoglobin, damaging the kidneys.

Temperature factor
Hot and cold temperatures can bring about rhabdomyolysis. In cold temperatures, muscle blood flow is decreased, and muscle cells die in freezing temperatures. On the contrary, increases in body temperature increase metabolic demand. When oxygen delivery cannot keep up, the cells are not able to get oxygen and die.

Certain substances can make people more susceptible to rhabdomyolysis. Alcohol has a toxic effect on muscle cells. In addition, people who get drunk may be immobile for a long period of time.

Recreational drugs such as cocaine, methamphetamines, ecstasy and PCP are stimulants. They can cause increased muscle activity, which can cause rhabdomyolysis by increasing cell oxygen demand. When the increase demand is not met, cells die and release myoglobin.

Symptoms of rhabdomyolysis include dark red urine, decreased urination, extreme weakness, nausea and prolonged muscle aches or tenderness. If you have any of these symptoms, you may have rhabdomyolysis and should schedule an appointment with your primary care manager.

Prevention
You can prevent rhabdomyolysis by making sure you are properly hydrated. Avoid alcohol, caffeine and recreational drugs if you will be doing any type of strenuous exercise. In hotter climates, it is important to drink even more water as there are a lot of water losses that occur through sweating.

In addition, try to condition properly for a race or other competition. For instance, instead of deciding to lift 200 pounds on your first day of weight training, increase the weight you lift gradually. Instead of running 10 miles on your first day, try to increase from 1 to 10 miles over a period of a few months.



Courtesy photo

TAMC TIP

Women encouraged to schedule checkup



Monday, May 11, is National Women’s Checkup Day, and this week is National Women’s Health Week.

The day is dedicated to encourage women to visit their health care professionals to receive or schedule checkups.

National Women’s Health Week encourages women to take simple steps to live a healthier life.

- Make an appointment with your health provider for a checkup, vaccination or test. Schedule at least one health screening during May.
- Write down a list of questions to ask your health provider. Take it with you to your appointment and write down the answers.
- Tell your health provider if you have noticed any changes in your body, lifestyle, habits or work that may require changes in medicines, screenings and health routines.



Courtesy photo